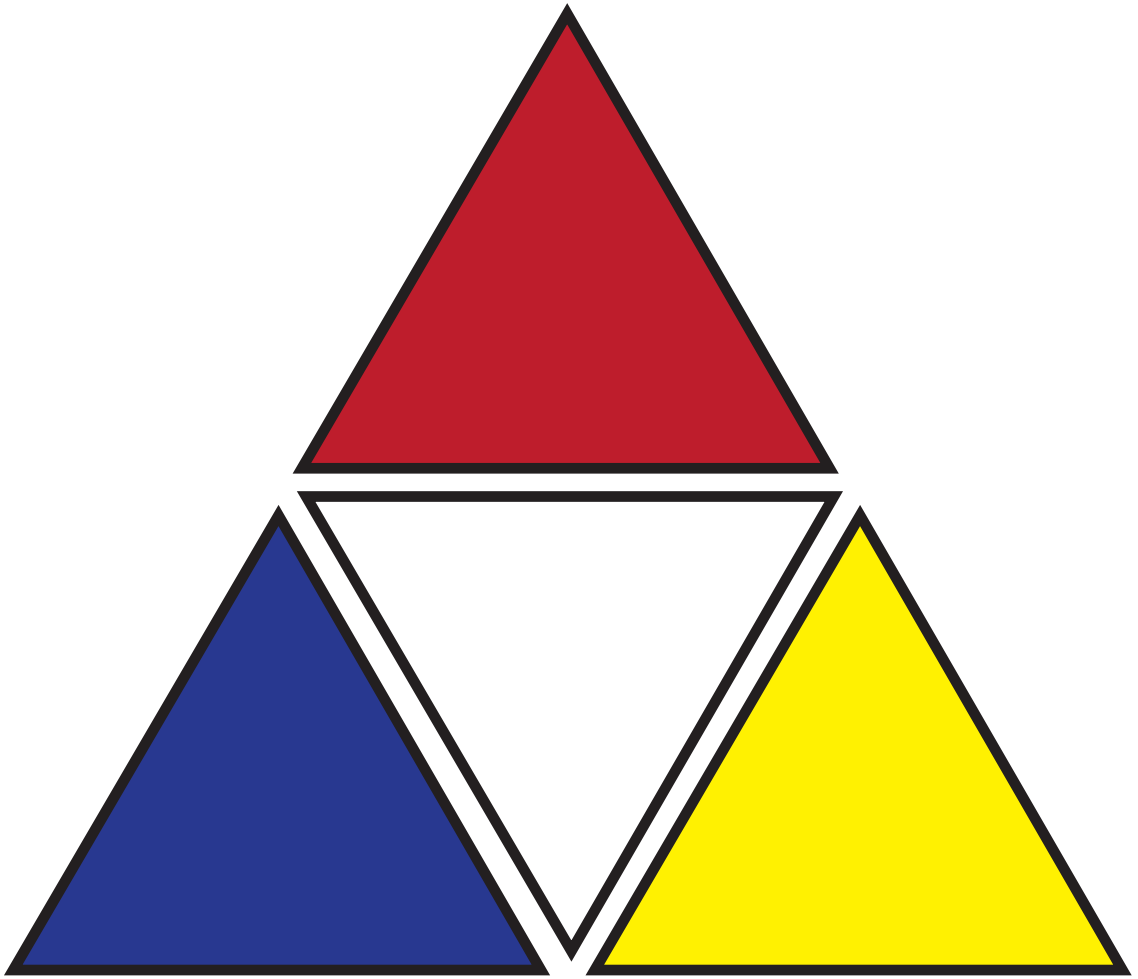
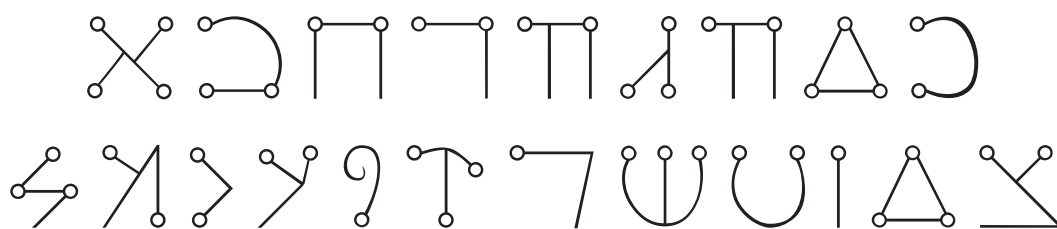
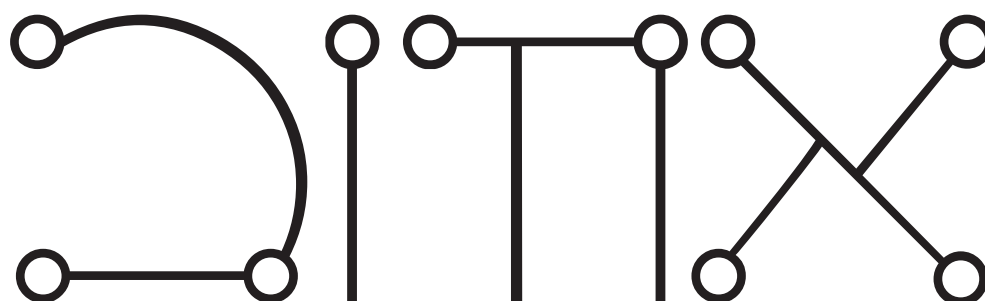
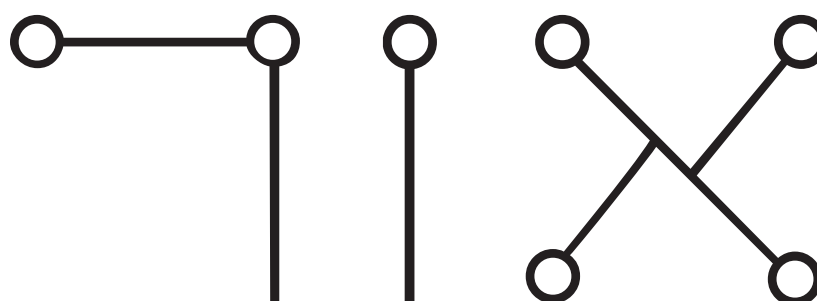


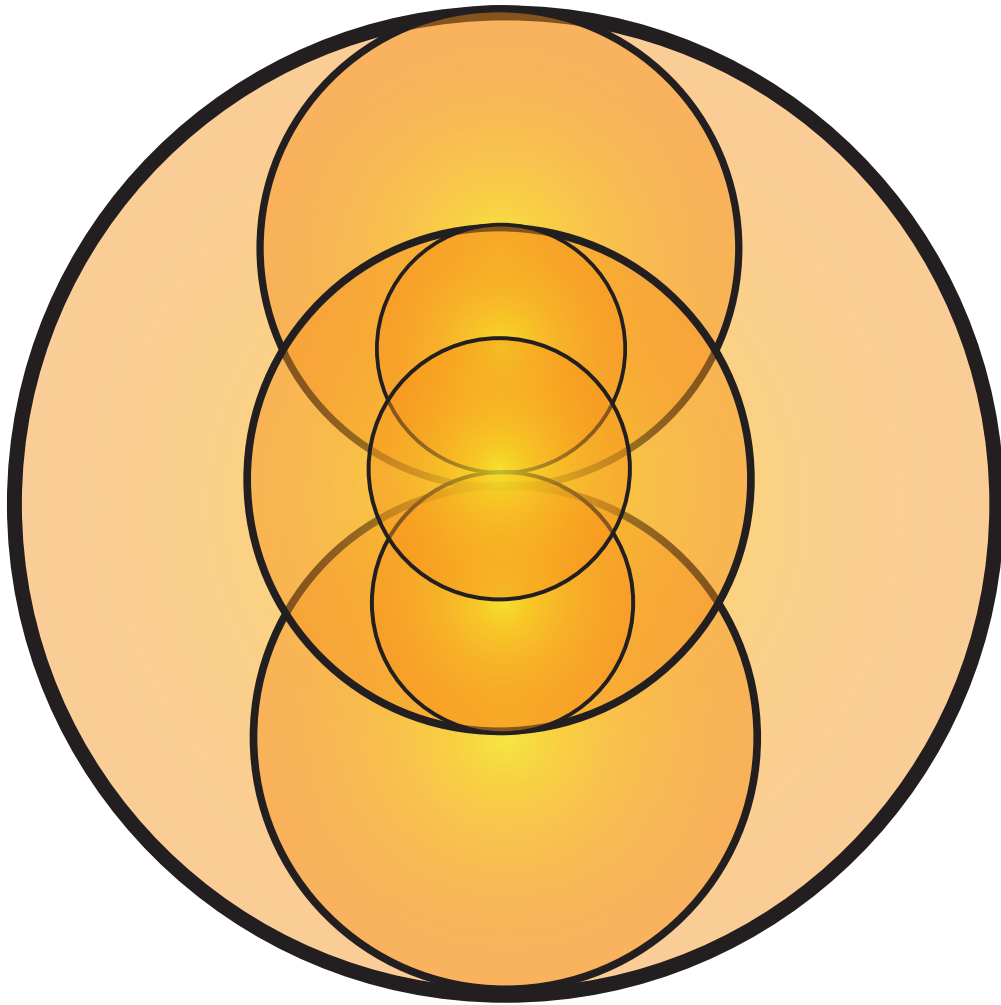
School of Light

Practice Manual

All meditations must be done with the breath in mind.



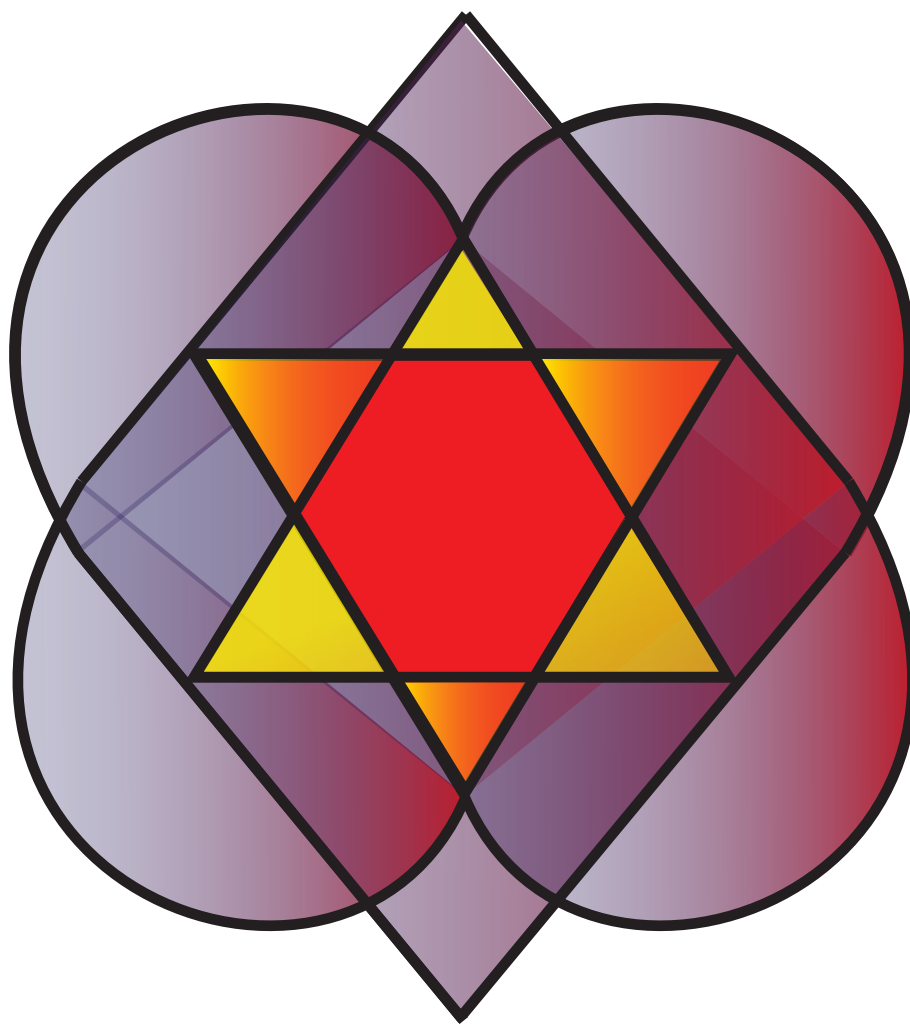




Expect the Miraculous

2 → 1 Thought + Emotion in the Heart

The Field + Right Hearted Man



Quantum
Compassion
Love
Gratitude
Respect

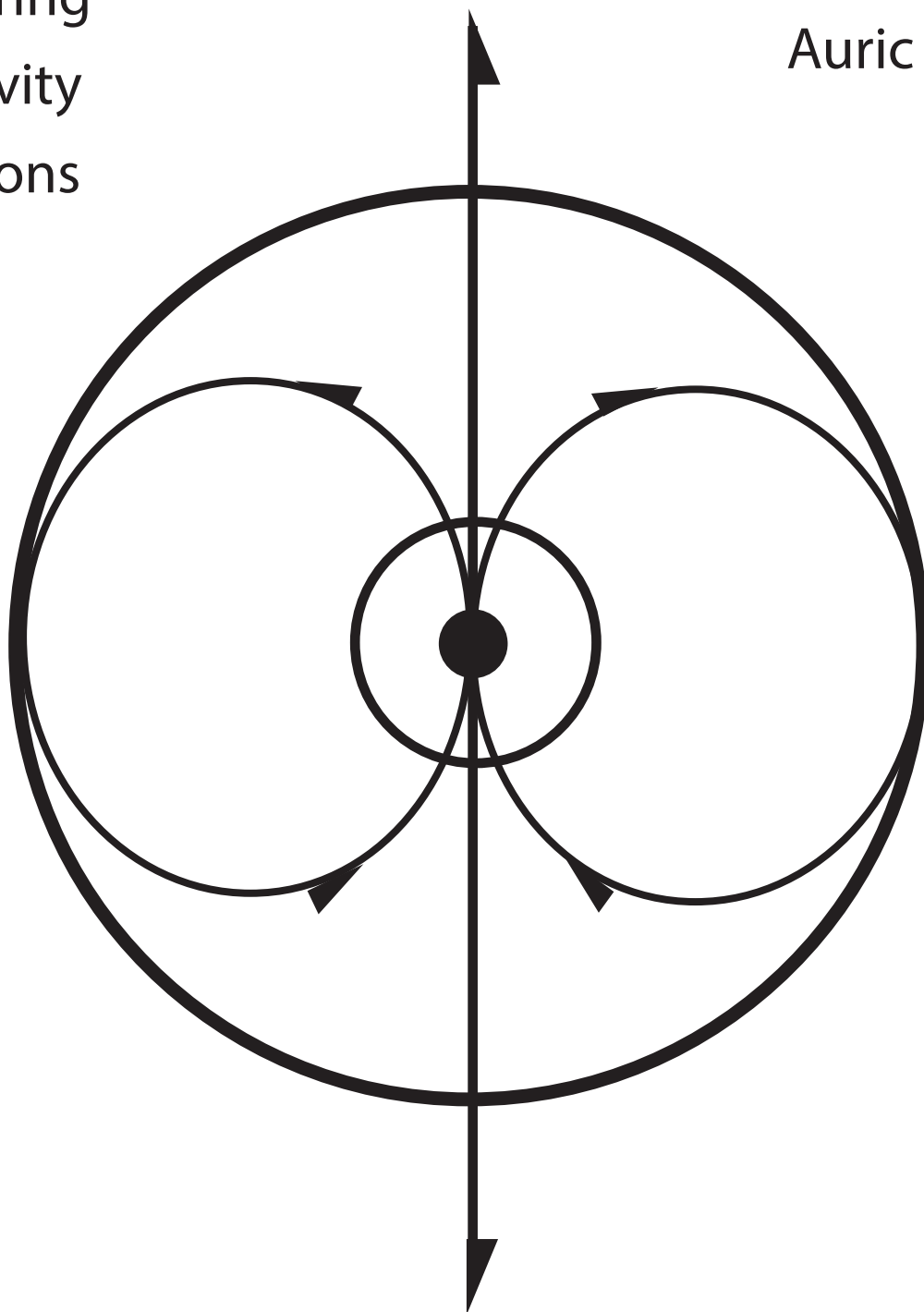
As Above - So Below

$\frac{\uparrow U}{\downarrow Me}$

Divine

Centering
Creativity
Emotions

I AM Presence
Pillar of Light
Auric Field

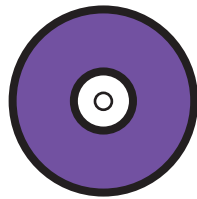


White

Inner / Outer Balance

Ti - V

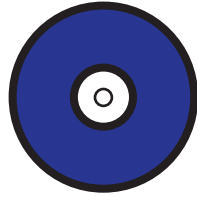
Oneness with Body, Mind,
Spirit and God, Alignment
of God's Will



Crown

La - I

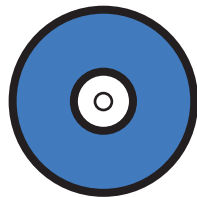
Soul Realization, Insight,
Clairvoyance, Peace of Mind



Third Eye

So - B

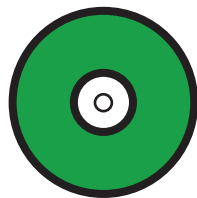
Creative Expression,
Validated, Understood
Positive Self Talk



Throat

Fa - G

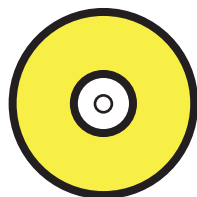
Unconditional Love,
Compassion, Peace,
Exeptionce



Heart Center

Mi - Y

Self Worth, Peace, Trust,
Personal Power



Solar Plexus

Ra - O

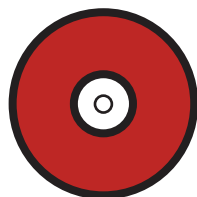
Pleasant, Passion, Healthy
Relationships



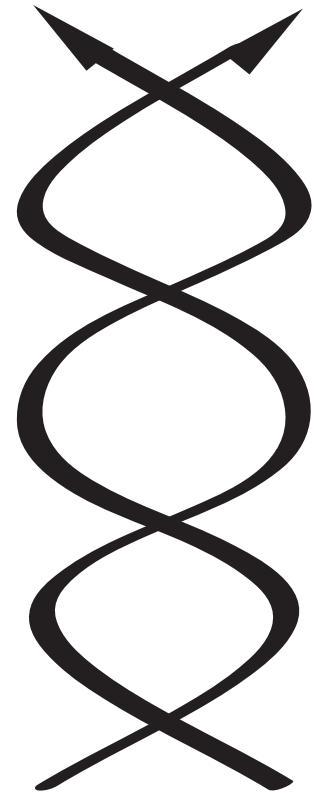
Sacral

Do - R

Mastery of Body, Secure,
Confident



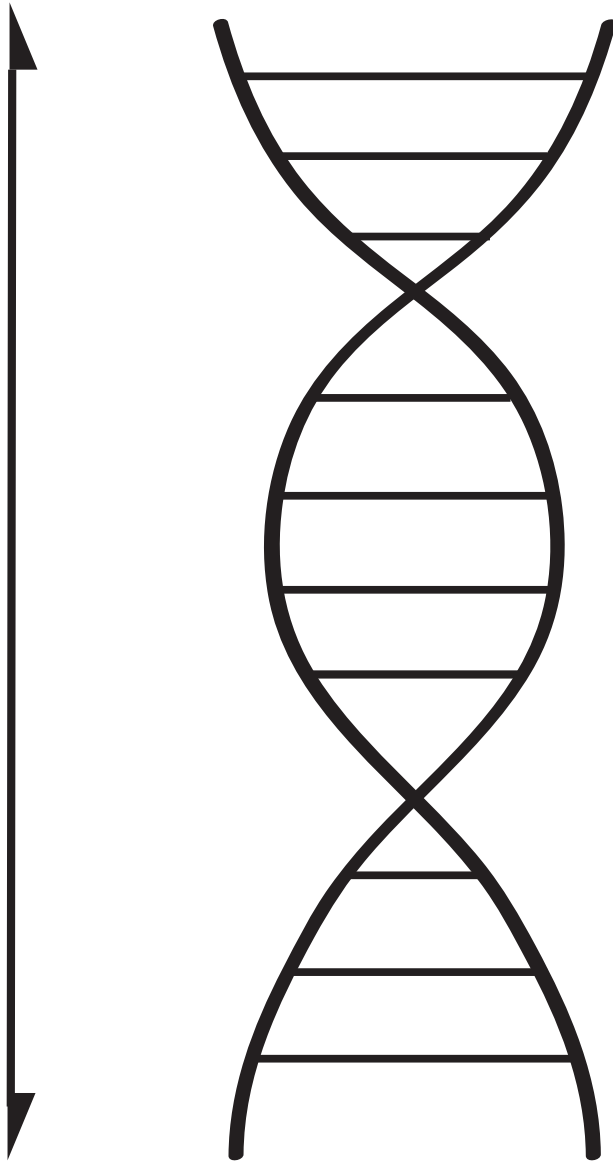
Base



Kundalini

Kundalini energy should only
be activated once self is grounded
in Divine Light and Order. When
Kundalini energy is activated with
only the physiology, it can take
over the energy system.

DNA Stretching / Relaxing / Repair



12 DNA Strands

4 - Light

4- Crystalline

4- Carbon

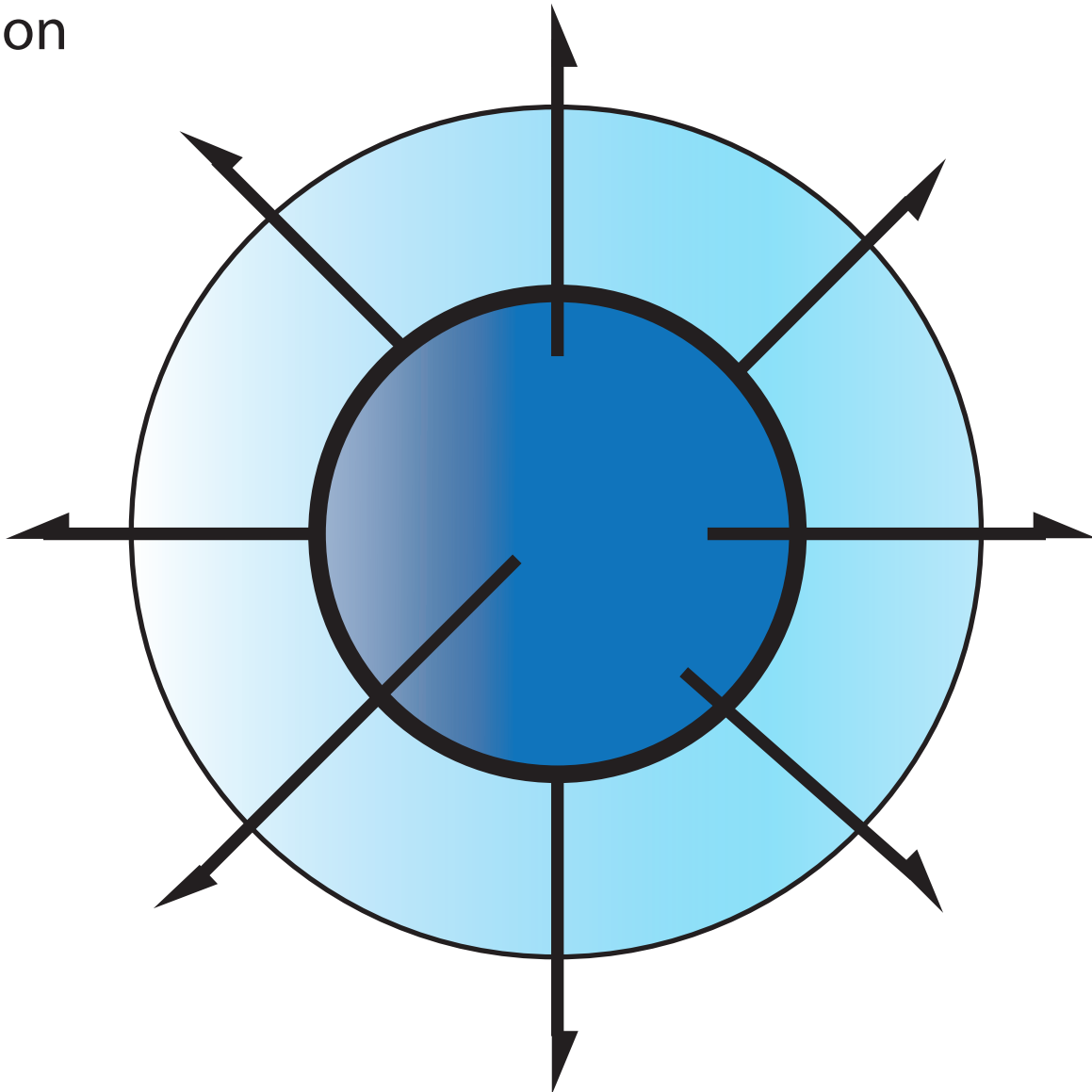
Divine

Mind

Focus

vision

Christ Consciousness
Pineal Gland Activation



Blue

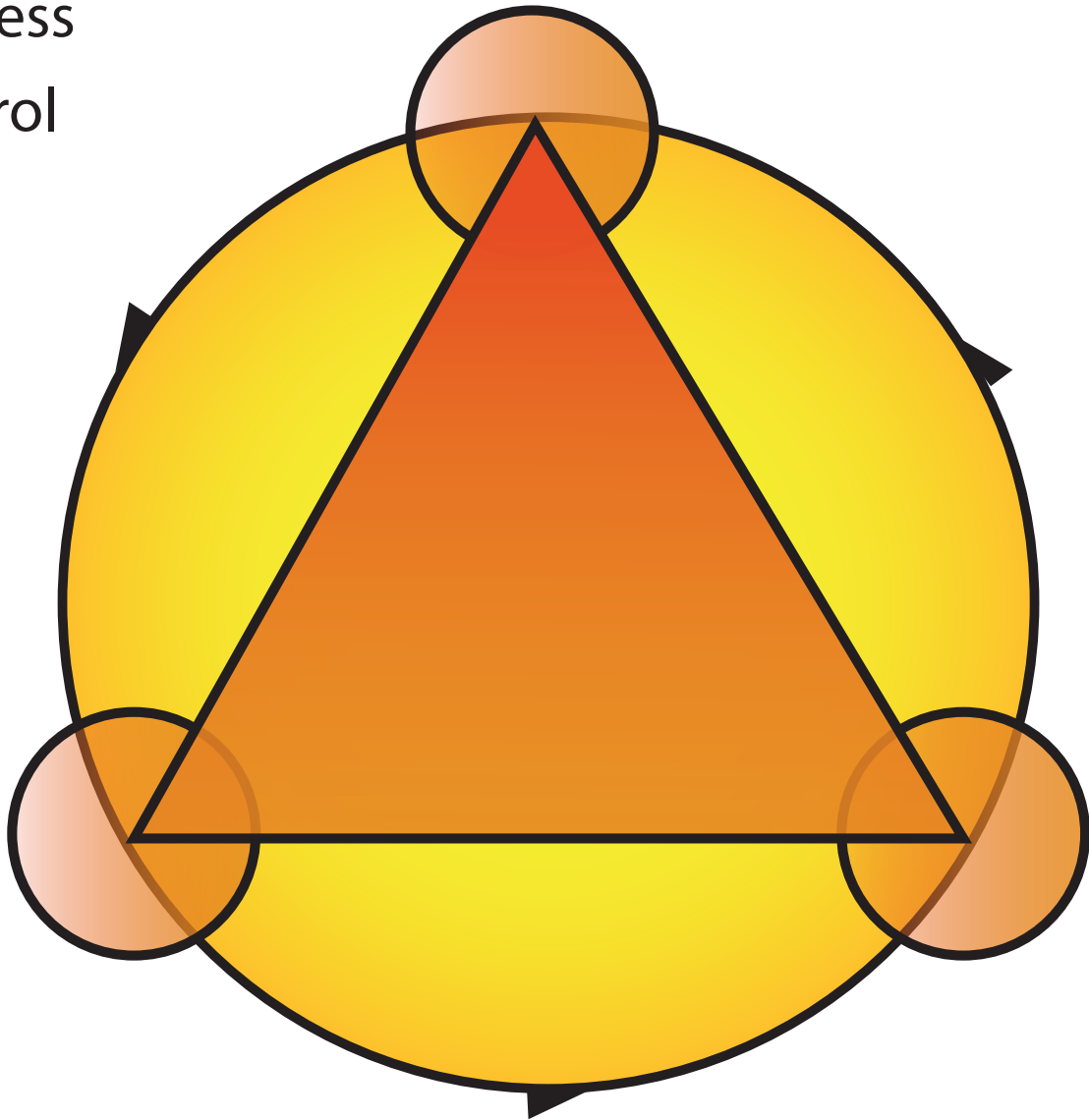
Divine

Holy Spirit / Shakti

Health

Stillness

Control



Gold

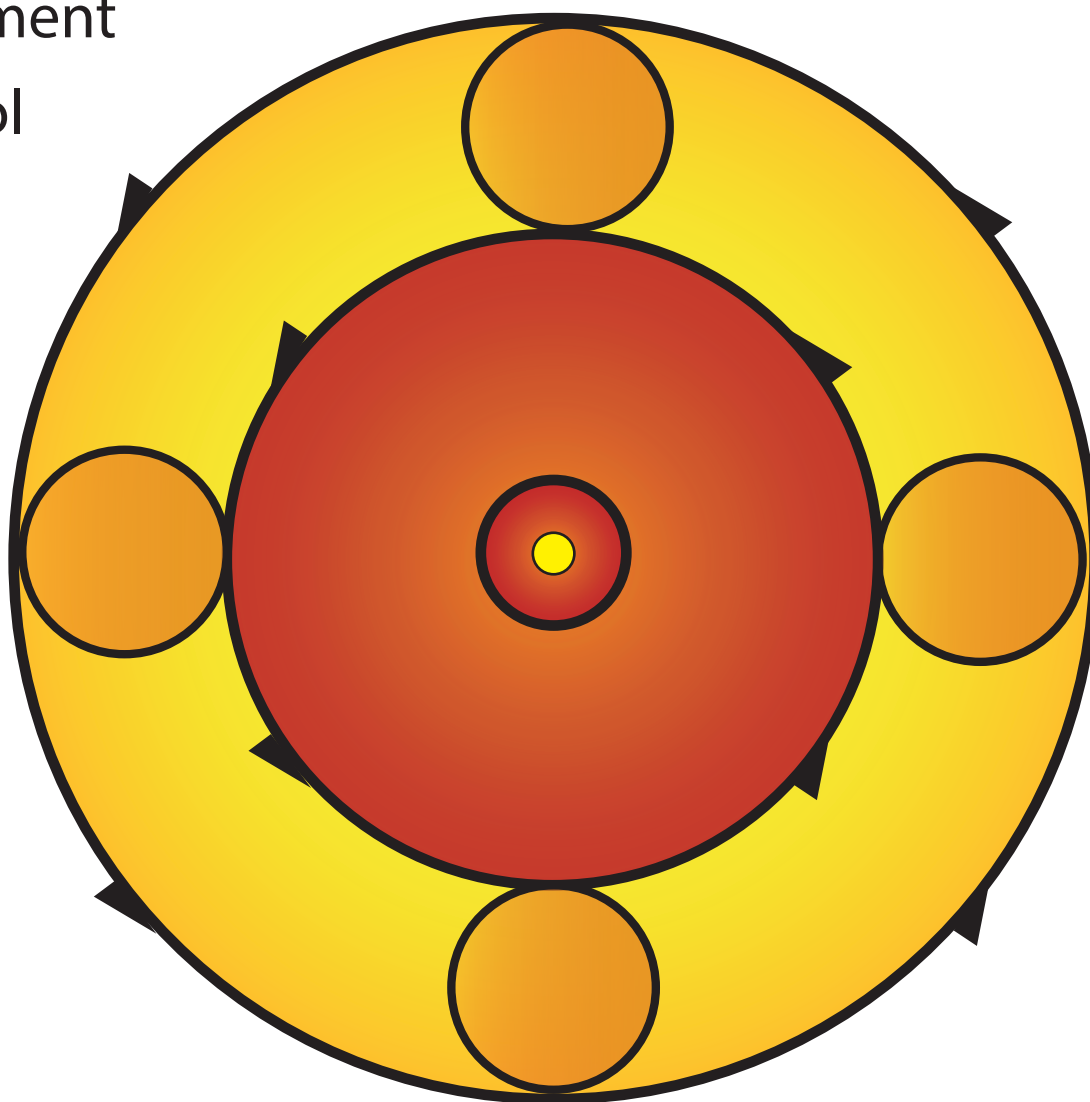
Divine

Shakina / Prana

Direction

Movement

Control



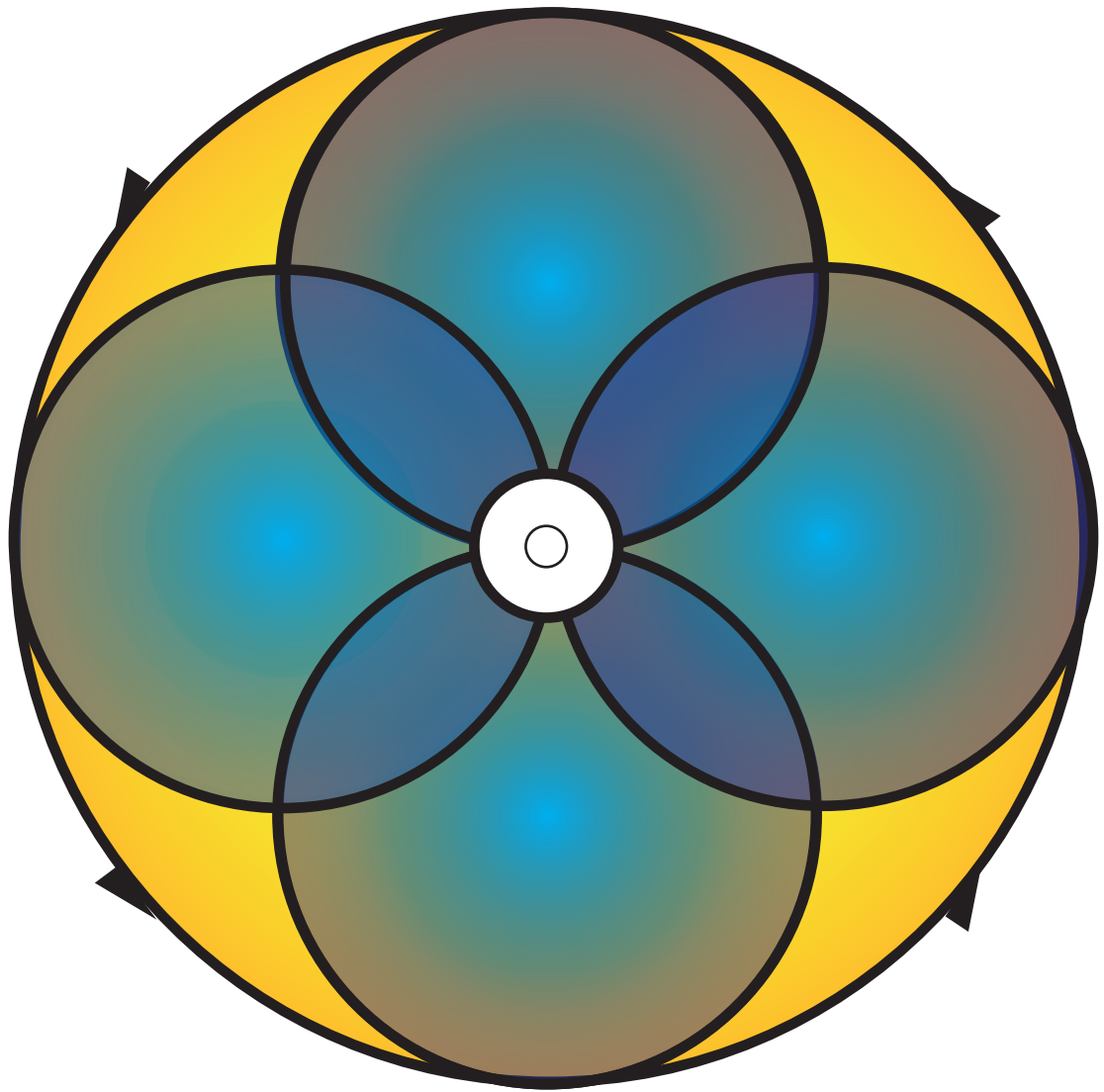
Gold

Divine

Soul

Mind

Body



White, Blue, Gold